



ALTENS COMMUNITY CENTRE  
Strathburn Street, Altens,  
Aberdeen, AB12 3SE  
Phone/Fax: (01224) 896798  
e-mail: altenscc@gmail.com

*The Centre is now a Registered Charity and run by a Board of volunteer Trustees.*

## Altens Community Centre Programme

### Monday

9.10 - 11.40am **Pebbles Playgroup**  
for kids from 2½ – 5 years

9.20 - 11.15am **Fishies 2'S Group**  
Children from 22 months – 3years

11.00 - 12noon **Tai Chi**

12.50 - 2.50pm **Rising 5's**  
Fun play sessions for pre-school kids

1.00 - 4.00pm **Indoor Bowling**

5.45 - 7.15pm **Line Dancing**

### Tuesday

9.10 - 11.40am **Pebbles Playgroup**  
Playgroup for kids from 2½ – 5years

9.20 - 11.15am **Fishies 2'S Group**  
Children from 22 months – 3years

10.00 - 12 noon **Badminton**

12.00 - 1.00pm **Weight-Watchers**

2.00 - 4.00pm **Tuesday Club Social**  
Group open to all

4.00 - 5.00pm **Children's Craft/Drama**  
for Primary School Age Children

5.30 - 9.00pm **Tanya Maitland  
School of Dance**

7.00 - 8.30pm **Guided Meditation**

### Wednesday

9.10 - 11.40am **Pebbles Playgroup**  
Playgroup for kids from 2½ – 5years

9.20 - 11.15am **Fishies 2'S Group**  
Children from 22 months – 3years

12.50 - 2.50pm **Rising 5's**

Fun play sessions for pre-school kids

9.30 - 10.30am **Bonnyfit Keep Fit**

6.00 - 7.00pm **Cheerleaders**

### Thursday

9.10 - 11.40am **Pebbles Playgroup**  
Playgroup for kids from 2½ – 5 years

9.20 - 11.15am **Fishies 2'S Group**  
Children from 22 months – 3years

1.00 - 3.00pm **50+ Bingo**

4.45 - 5.15pm **Hip-Hop for boys 4-8 yrs**

5.30 - 9.00pm **Tanya Maitland School  
of Dance**

8.00 - 10.00pm **Bingo**

### Friday

9.10 - 11.40am **Pebbles Playgroup**  
Playgroup for kids from 2½ – 5 years

9.20 - 11.15am **Fishies 2'S Group**  
Children from 22 months – 3years

9.30 - 10.15am **Zumba Fitness weekly**

2.00 - 3.00 pm **Cove Seniors Gathering**  
Monthly meetings - contact Joyce 898030

3.00 - 8.45pm **Miss Forest Sch of Dance**

### Saturday

9.30 - 2.15pm **Tanya Maitland School  
of Dance**

### Sunday

10.30 - 1.30pm **Tai Chi**

1.30 - 4.30pm **Cheerleaders**

4.30 - 6.30pm **Family Badminton**

6.30 - 7.30pm **Guitar Lessons**

Beginners please contact the Centre